

**Cumbria Youth Alliance**

# July Newsletter

**Welcome to the Cumbria Youth Alliance (CYA) news round-up**

## **In this issue...**

**FREE Training from CYA**

**Online Learning Modules**

**Finding Work During Lockdown**

**Distance Learning is Changing Lives**

**Covid 19 Response Fund**

**Cash for Kids**

**SQP Awards**

**Other News**



# Welcome to our July Newsletter



It has been another busy month here at Cumbria Youth Alliance as we all come to terms with this new way of working and supporting young people remotely and also supporting member organisations to make sure they are equipped and sustainable to meet the needs that are emerging. Being a third sector leader is certainly not an easy task and nothing could have prepared us for the chaos that Covid-19 has brought to our local communities.

As many of you are aware I am retiring from Cumbria Youth Alliance at the end of September after 18 years at the helm and I have to say this last few months have been the most challenging of my career. Many of you will know me well after 18 years of working together and you will know I like things organized and well planned out and these last few months have been a real rollercoaster. Flying by the seat of your pants comes to mind and making decisions quickly and decisively with little or no planning just so we could respond effectively to the needs of the young people and you the member organisations.

We have successfully introduced online learning across a wide range of subjects for both young people and for staff and volunteers and have over 300 learners registered on to our online platforms and the feedback has been excellent both in terms of the actual platform and the choice of subject materials to pursue. **It's not too late if you or anybody in your team want to do on line learning.**

- **Are you supporting vulnerable young people here in Cumbria as a staff member or as a volunteer?**
- **Want to support them to improve their emotional resilience and get better outcomes for them?**

Cumbria Youth Alliance has the training for you - all free of charge for a limited period. Choose from one or two options on our free menu delivered in our partnership with Embrace Resilience...

- Becoming a resilience champion
- Resilient Families
- Managing Anxiety and Stress
- Mental Health First Aid Response
- Mental Health Mind and Body

Interested then email [sophie@cya.org.uk](mailto:sophie@cya.org.uk) for your unique log in details

We are here to help you in these challenging times -if you need help and support or if you just need a confidential ear to listen to your issues please do not hesitate to contact us either by phone on 01900 603131 or email me [cath@cya.org.uk](mailto:cath@cya.org.uk)

**All six locality partnerships have been set up and have third sector representation on them elected through the Children and Young People's Voluntary Sector Reference Group and this is a brief overview of the identified priorities by locality.**

**Allerdale** – Under 5's; Obesity; Unmet needs of parents – linked to alcohol misuse; Poverty & inequality; inter-generational neglect and abuse

**Barrow** – Under 5's; obesity; parental alcohol misuse; teenagers (children missing education and youth crime)

**Carlisle** – under 5's; obesity; teenage pregnancy; parental alcohol misuse (*agreed by group*)

**Copeland** – Under 5's; Obesity; Unmet needs of parents – linked to substance misuse; support for single parents/young parents (linked to under 5's); poverty & inequality; inter-generational neglect

**Eden** – isolation/rurality strand; obesity; emotional wellbeing/ resilience; early intervention (under 5's)

**SL** – under 5's; transitions/teenagers; hidden harm; rurality and inequality

When lockdown happened we scratched our heads wondering how we would be able to continue supporting you, our member organisations, but we quickly found new ways to support you using remote support and organisations have achieved a lot in the last quarter and we are rightly proud of what has been achieved by our member organisations working with children, young people and families here in Cumbria.

### **Cumbria Youth Alliance infrastructure support April to June 2020 funded by Cumbria County Council**

- 123 people registered on our online ACES training up to 30<sup>th</sup> June 2020
- 224 people registered on our embrace resilience online learning up to 30<sup>th</sup> June 2020
- 11 organisations gained a quality mark during lockdown through remote support
- 15 organisations assisted with governance structures including new organisations setting up
- 16 organisations completed a governance health check
- Over £700,000 brought in through our fundraising support and one to one training
- 23 organisations assisted with fundraising
- 558 people receive our monthly funding newsletter and our monthly newsletter

The next meeting of the Cumbria Children and Young Peoples Voluntary Sector Reference Group is Tuesday 4<sup>th</sup> August 2020 at 1pm till 3pm via zoom -invitations from [info@christinewhite.co.uk](mailto:info@christinewhite.co.uk)

Speakers include Cumbria County Council and local funders will be present.

The election of the co-chair for this group has taken place and Noelle Kirk from Barnardos now joins me on the Children's Trust Board and at the Third Sector Executive representing your interests and those of children, young people and families across Cumbria.

**Catherine Clarke**

**[cath@cya.org.uk](mailto:cath@cya.org.uk) 01900 603131**

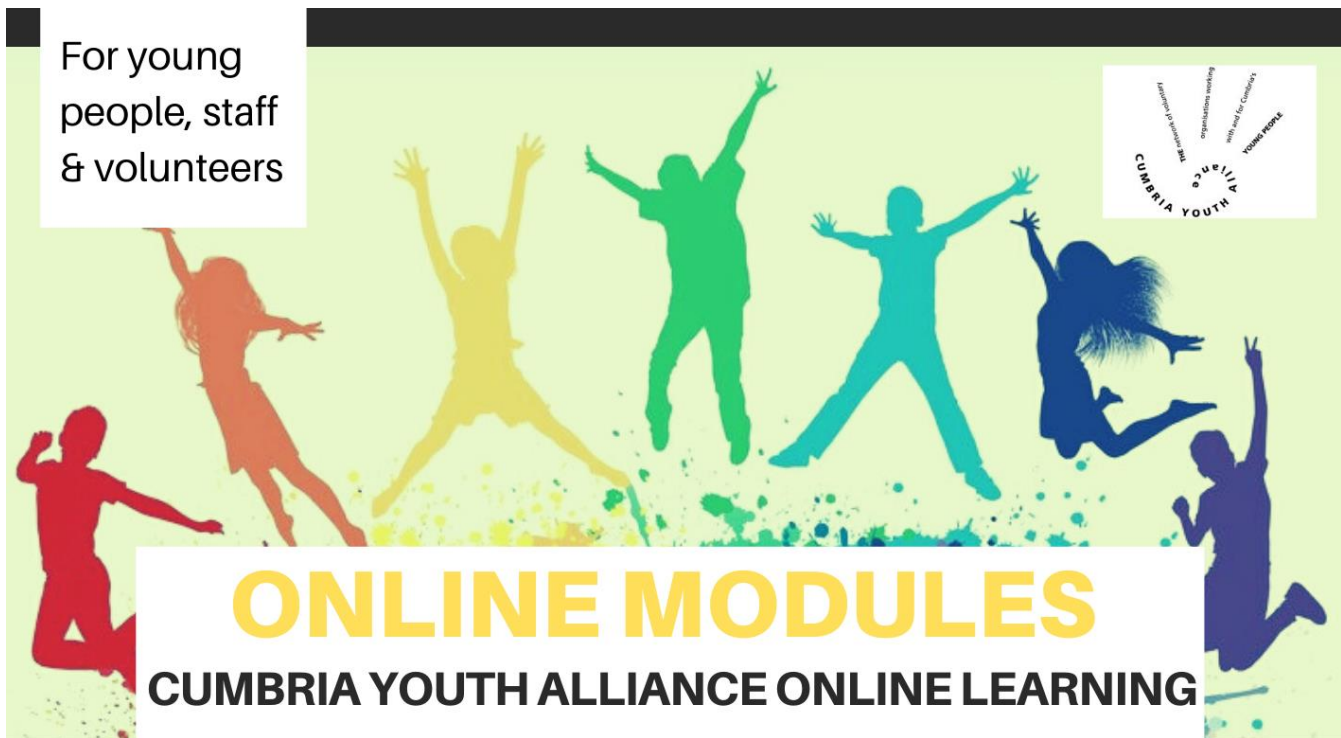
*Cath Clarke, CEO Cumbria Youth Alliance*

**Organisational Members of the Institute of Fundraising**



# Online Learning Modules

For young people, staff & volunteers



## ONLINE MODULES CUMBRIA YOUTH ALLIANCE ONLINE LEARNING

Cumbria Youth Alliance has joined up with Embrace Resilience a to offer all young people in Cumbria and all staff and volunteers in Cumbria working with children, young people and families access to a large range of online learning modules FREE of charge. Here are some examples



### Resilience

- Developing Mental Strength
- Mental Health First Response
- Nutrition Health and Diet
- Managing Stress and Anxiety
- Becoming a Wellbeing Champion



### Work

- Career ahead
- Career ahead the fundamentals
- Bullying and Harassment in the workplace
- Equality & Diversity



### Understanding

- Understanding Special Needs
- Epilepsy Awareness
- Understanding the role of a personal carer
- Understanding an individual with mental health and learning disabilities
- Supporting people with autism



### General

- Introduction to Food Hygiene
- Basics of Health and Safety
- Understanding Manual Handling



### Health & Social

- Alcohol and Substance Misuse
- Care Awareness
- Challenging Behaviours
- Safeguarding Adults
- Safeguarding Children

These are just a few of the modules that are available for you to undertake all free – you can undertake one module or several modules once you have registered with CYA



To register please contact [sophie@cya.org.uk](mailto:sophie@cya.org.uk) with the name of the young person or if it is a staff member the name of the organisation and the name of the individual staff member

## Finding Work During Lockdown

### Congratulations Cameron on your new job with Amazon!

The Charity Governance Code recommend Cameron started on the Choices programme, funded by The National Lottery Community Fund and the European Social Fund in September 2019.

Cameron had been unemployed for almost 12 months, following the end of a second period of employment in a local factory. He was finding it difficult to secure employment, due to his rural locality and a lack of local opportunities. He had previously been learning to drive and did have access to his own car, so felt that having a full driving licence would enable him to access opportunities further afield.

Cumbria Youth Alliance was able to access funding through the Allerdale Bursary Fund to pay for a block of intensive driving lessons. During this period Cameron also attended employability skills and personal development sessions with Groundwork, Cumbria Youth Alliance and Journey 2 Work. He received one to one support with C.V. Building, completing applications, interview techniques and preparation.

Cameron successfully passed his driving test and started submitting applications for opportunities well beyond his local area and has now secured and settled into permanent full-time employment as a warehouse operative at the new Amazon Facility in Carlisle. Cameron said that the funding to help him gain his full licence and the support he received from Cumbria Youth Alliance and Groundwork definitely helped him move back into work.

He was supported by Cumbria Youth Alliance's key worker Gary Frazer and the team at Groundwork North East and Cumbria.

## Our Open and Distance Learning is Changing Lives

It is not just staff and volunteers who have been busy during lockdown we have had lots of young people enrolled on our open and distance learning and one young lady has taken learning to new heights in her attempt to get work ready. **Here is our star learner of the month Shauna taking learning to new heights...**



Through COVID 19 and lockdown Cumbria Youth Alliance has been working with young people in a different way, facing new challenges and obstacles along the way. Shauna joined our Choices programme funded through The National Lottery Community Fund and European Social Fund and led by Groundwork Cumbria and North East back in July 2019.

**She joined Cumbria Alliance who are a partner in the Choices programme** and despite facing some obstacles in her life she has taken to learning like no others. We offered her the opportunity to do some online learning during lockdown to boost her confidence and improve her employability.

She achieved **60 short courses** – a record we think for any learner and accessed the courses through Cumbria Youth Alliance's partnership with Embrace Resilience. **We are in awe of the commitment and hard work that Shauna has put into learning and she is now looking at new opportunities to continue her learning.**

## Covid 19 Response Fund

Thanks to Covid 19 Response Fund Cumbria Youth Alliance has 10 brand new lap tops to lend out to young people on our programmes who have not been able to access on line learning and improve their employability.



Kyle, 17 has had to share his mam's laptop in order to access virtual sessions during lockdown, which meant he has had to say no to the majority of sessions.

He is very grateful for the laptop; he begins an online accredited CSCS course on Monday next week and is signed up to continue onto an accredited Warehousing course thereafter. He said,

***"I couldn't have taken any courses without this laptop – thank you!"***



Louis was overjoyed when he found out he could get loan of a laptop – his own computer stopped working 3 weeks ago and he can't afford to get it fixed.

He hasn't been able to apply for job opportunities or attend any virtual sessions since. He said,

***"I can now apply for jobs again and come to some CYA chat sessions – thanks"***



"Thanks, this means I don't have to wait to use something and can now do things when I want without rushing."

ETHAN



"I definitely want a job by September and having a laptop means I can keep up to date with job search, complete online courses and update my Universal Credit Journal."

OWEN



"Thanks to this netbook, I can continue to help with online support during lockdown and my work for Cumbria Youth Alliance."

KATIE

## Cash for Kids

During April and May of 2020 Cumbria Youth Alliance was able to support 38 different families with grants from 'Cash for Kids' here in Cumbria – a big thank you for Cash for Kids who made the possible and over £1700 was distributed to families most in need across Cumbria.

We know this was a drop in the ocean and we will continue to source funding that will enable us to do this again in the future.

***"Thank you for the grant it made lockdown bearable for the children -we were able to buy games and craft materials -without this grant the children would have had nothing to do."***

# Summer Menu

Cumbria Youth Alliance Emotional Resilience project



# CYA SUMMER MENU



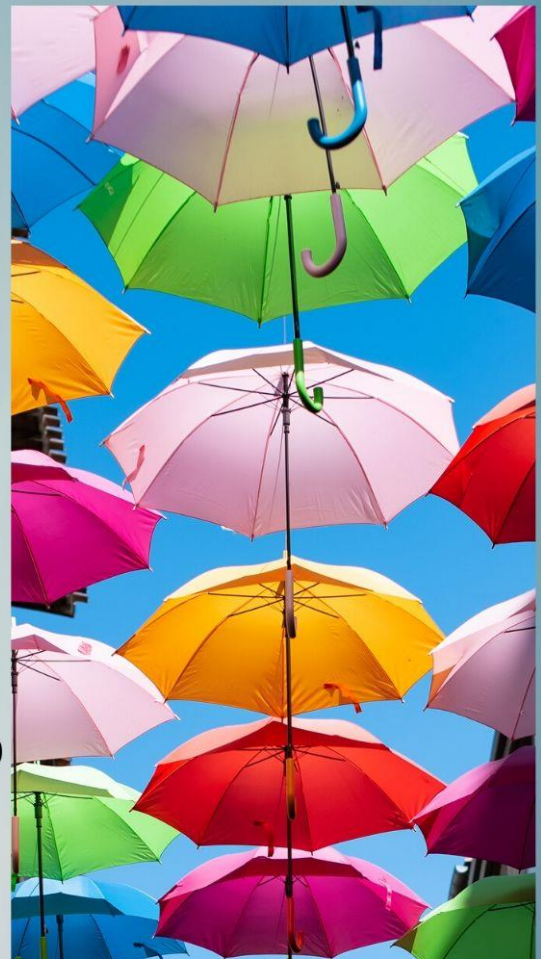
Summer activities Menu for Looked After and Leaving  
Care Young People aged between 14-24 living in  
Cumbria

## Learn new skills this summer

- Social events
- Healthy Relationships workshop
- Quizzes
- Emotional resilience workshops
- Goal setting session
- Budgeting skills
- Employability Skills
- Song Writing
- Staying Safe Online

Plus much more

Activities will start on Tuesday 21st July 2020  
at 2pm and run throughout the Summer.  
All activities are being held virtually on  
Zoom.



For more information or to get your zoom invite then  
please register with Cat Hawkes on [catherineh@cya.org.uk](mailto:catherineh@cya.org.uk)  
or phone 07444869460

## SQP Awards

Cumbria Youth Alliance supports organisations working with children, young people and families to gain a quality award thanks to the Cumbria County Council Infrastructure contract.



## Other News

### Social Enterprise Support Fund

The Social Enterprise Support Fund with grants of £10k-£300k to give 'essential financial support' during COVID-19. Together with Big Issue Invest, Resonance UnLtd, School for Social Entrepreneurs and Key Fund.

The £18.7m funded by The National Lottery Community Fund opens up a resource to fund the recovery of social enterprises affected by COVID-19 and responds to an urgent need in the sector to help social enterprises change the way they work, make their spaces COVID-secure, and manage liquidity during the next six months.

The fund is aimed at social enterprises supporting people at high health risk from COVID-19, and those supporting people facing increased social and economic challenges as a result of COVID-19. For more information and how you can apply today, click here: <http://sesupportfund.org.uk>

### Volunteers Needed

Spiral are looking for volunteers to engage with young people online that have been isolated at home during the Covid-19 crisis, who have developed increased anger, anxiety, and low mood. Responsibilities:

- Attend in-house training using an electronic device
- Engage with young people and their guardians
- Maintain contact with staff in Spiral
- Collect feedback from sessions
- Contact service users to arrange 1:1s
- Write reports sessions after each session
- Write end of reports when sessions end

Subject to a DBS check. If you feel you can help and support while having an enormous impact on the health and well-being of young people contact [maryann@spiralcumbria.org.uk](mailto:maryann@spiralcumbria.org.uk) for more information!

# Spiral - preventing the effects

On-line Support



1-2-1 support provided to young people age 8-25, guardians can also access this support with their child to find out how to support them at home. The support is offered to young people across Cumbria. To access the service or to find out more contact Maryann or Alison, all you need is an electronic device.

The support can last from 1-4 weeks depending on what you want!

01228642641

[maryann@spiralcumbria.org.uk](mailto:maryann@spiralcumbria.org.uk)  
[alison@spiralcumbria.org.uk](mailto:alison@spiralcumbria.org.uk)



The support is for:

- Increased anger
- Low mood
- Anxious
- Worried about being around peers
- Worrying about going back into education



How we can help:

- Learn techniques to reduce anger and anxiety
- Regulate difficult emotions
- Use fusing to clarify thoughts and feelings



Outcomes:

- More self-control
- View situations differently
- Strategies to regulate difficult emotions
- Clearer thinking

## Guide to Coming out of Lockdown

### Step by Step guide to coming out of lockdown from UK Government

We continue to see relaxation of the lockdown arrangement; you can check the current guidance on the government website: <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

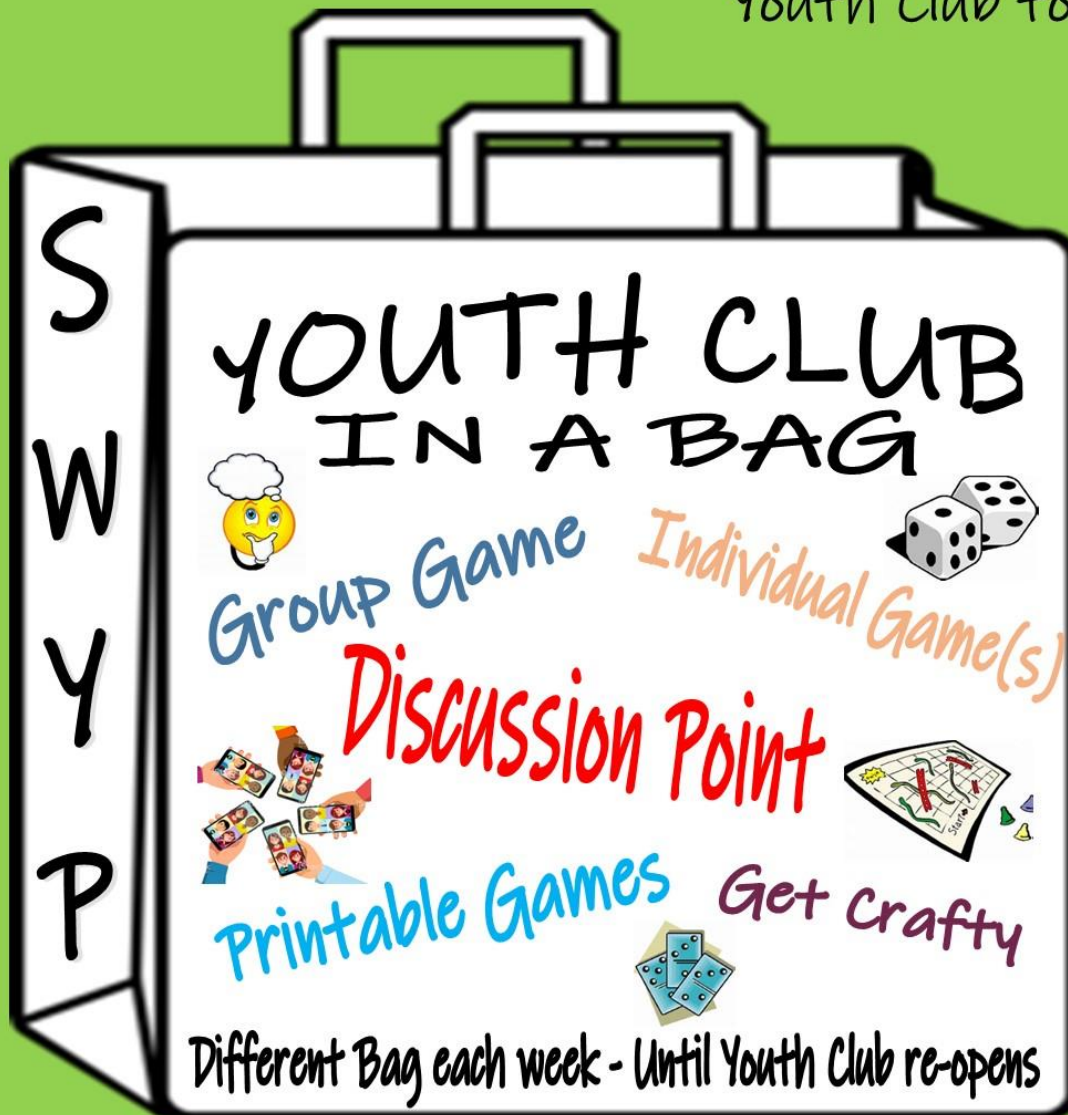
Communities can continue to give their feedback on their experiences of lockdown relaxing via this survey: <https://www.surveymonkey.co.uk/r/LockdownRelaxation>

Claire King, Consultant in Public Health, has summarized some of the main changes and when they take effect below – with links to further information where appropriate.

4 <sup>th</sup> July 2020	<p><b>Social (physical) Distancing:</b> You can meet in groups of up to two households (your <a href="#">support bubble</a> counts as one household) in any location - public or private, indoors or outdoors. You do not always have to meet with the same household - you can meet with different households at different times. However, it remains the case - even inside someone's home - that you should socially distance from anyone not in your household or bubble. This change also does not affect the support you receive from your carers.</p> <p>You can also stay overnight away from your home with your own household or support bubble, or with members of one other household.</p>	See <a href="#">here</a>
4 <sup>th</sup> July 2020	<p><b>Weddings:</b> Weddings and civil partnerships will be allowed to take place. You should only invite close friends and family, up to a maximum of 30 people.</p>	See <a href="#">here</a>
6 <sup>th</sup> July 2020	<p><b>Shielding:</b> From 6 July, the government will be advising that the clinically extremely vulnerable:</p> <ul style="list-style-type: none"> <li>• may, if they wish, meet in a group of up to 6 people outdoors, including people from different households, while maintaining strict social distancing</li> <li>• no longer need to observe social distancing with other members of your household</li> <li>• in line with the wider guidance for single adult households (either an adult living alone or with dependent children under 18) in the general population, may from this date, if you wish, also form a 'support bubble' with one other household. All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance</li> </ul>	Updated guidance will be published on the 6 <sup>th</sup> July. In the meantime, see <a href="#">here</a>
13 <sup>th</sup> July 2020	<p><b>Deadline for self-employed:</b> The self-employment Income Support Scheme currently allows you to claim a taxable grant worth 80% of your average monthly trading profits, paid out in a single instalment covering 3 months' worth of profits, and capped at £7,500 in total. If you're eligible and your business has been adversely affected you must make your claim for the first grant on or before 13 July 2020.</p>	See <a href="#">here</a>
1 <sup>st</sup> August	<p><b>Shielding:</b> Clinically extremely vulnerable people will no longer be advised to shield, but support will remain available from NHS volunteers and local councils. People will retain their priority for supermarket delivery slots, and still be able to access help with shopping, medication, phone calls and transport to medical appointments.</p> <p>They will be able to participate in more activities such as visiting shops and places of worship.</p> <p>Those who need to work and cannot do so from home will be able to return to work as long as their workplace is COVID secure, adhering to the guidance available.</p>	Updated guidance will be published on the 1 <sup>st</sup> August. In the meantime, see <a href="#">here</a>



Missing Youth Club?  
Getting Bored?  
SWYP are bringing  
Youth Club to You!!!



To request your FREE bag contact your local youth workers via:  
South Whitehaven Youth Partnership Facebook Page / Call, text  
or Whats app: 07955713143 (9am-9pm)

Bags will also be handed out on detached youth work

## Cumbria Youth Repository

The one stop shop for resources for young people – families and workers has gone live – Access it here... We hope you will add resources to the repository and let young people know about it so they can use this great new resource.

# CUMBRIA YOUTH REPOSITORY AN ONLINE RESOURCE BANK FOR YOUNG PEOPLE, SUPPORT STAFF AND PARENTS



## CSE INFORMATION & SUPPORT



## A COLLABARATIVE APPROACH FOR THE WHOLE OF CUMBRIA



**FOR MORE INFORMATION PLEASE CONTACT**  
**CLINT.HOWAT@CARLISLEYOUTHZONE.ORG**  
**SOPHIE@CYA.ORG**

## Vacancy – The Rock Youth Project

The Rock Youth Project

Youthwork Manager

£15 per hour

20 hours per week



This job involves managing a vibrant community based youth project delivering quality youthwork in Carlisle South. It is a rewarding role with a supportive board of trustees and experienced staff team.

The successful candidate will:

- Ensure the delivery of quality youthwork to our young people
- manage the day to day running of the project;
- oversee the fundraising bids and applications;
- manage a team of youth workers;
- manage the project's timetable;
- build relationships and work in partnership with other organisations across the city

Deadline for applications is 30<sup>th</sup> July 2020

This post is subject to a DBS check and references will be taken.

To request an application form and more information contact [alun52@sky.com](mailto:alun52@sky.com)

## Counselling Project

[Download flyer here \(pdf\)](#)

[More information about the project \(pdf\)](#)

**Are you a young person  
affected by cancer?**

**TRY OUR FREE COUNSELLING**



Tel: 01768 800 686

[referral@flynnesbarn.org](mailto:referral@flynnesbarn.org)

*You can talk to a qualified counsellor. All sessions are confidential and can take place online or by phone. Why not get in touch?*

**Covid-19 is having a huge effect on the health and wellbeing of young cancer patients.**

*We offer a course of free counselling if you are a young person in Cumbria (aged up to 25) and living with cancer or another health condition that puts you at high risk from COVID-19. Family support also available.*





**Disclaimer:** *Cumbria Youth Alliance cannot be held responsible for the quality, reliability or accuracy of the information contained herein.*

**Accessibility:** *If you require this information in another format, please contact 01900 603131 and we will do our best to meet your requirements.*

**Cumbria Youth Alliance**

Town Hall Community Hub Oxford Street, Workington. CA14 2RS

Telephone 01900 603131 / Email: [info@cya.org.uk](mailto:info@cya.org.uk)

Website: [www.cya.org.uk](http://www.cya.org.uk)

Registered Charity No 1079508 / Company No 3819033